



Please select first and second choices of workshops for each session. For girls grades 8-12.

**PLEASE NOTE SOME WORKSHOPS ARE AVAILABLE TO SPECIFIC GRADE LEVELS.**

Space in individual workshops is limited. Workshops listed on back of this form.

**Session 1**

first choice

Workshop # \_\_\_\_\_

second choice

Workshop # \_\_\_\_\_

**Session 3**

first choice

Workshop # \_\_\_\_\_

second choice

Workshop # \_\_\_\_\_

**Session 2**

first choice

Workshop # \_\_\_\_\_

second choice

Workshop # \_\_\_\_\_

**Session 4**

first choice

Workshop # \_\_\_\_\_

second choice

Workshop # \_\_\_\_\_

**GENERAL STUDENT INFORMATION**

One registration form per student participant

***CUT-OFF DATE FOR REGISTRATION FEBRUARY 23<sup>rd</sup> !***

Name: \_\_\_\_\_ Grade: \_\_\_\_\_ School: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

How did you hear about the conference? \_\_\_\_\_

**STUDENTS in Grades 8 through 12**

Conference registration is \$20.00 and includes supplies, a snack & lunch with keynote speaker

\_\_\_\_\_ I have included \$20.00 for student registration (non-refundable)

\_\_\_\_\_ I would like to request a vegetarian meal

**LUNCHEON TICKETS-GENERAL PUBLIC**

(11:50-1:10) are \$35.00 each and include lunch with keynote speaker

I have included \$ \_\_\_\_\_ for \_\_\_\_\_ luncheon ticket(s) (non-refundable)

I would like to request \_\_\_\_\_ vegetarian meal(s)

**Make checks payable to: Thrive**

**PARENT or GUARDIAN INFORMATION**

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone (in case of emergency): \_\_\_\_\_

Signature \_\_\_\_\_

**\*Your signature gives your child permission to participate in the conference and to attend the workshops she selected or is assigned.\***

This event will be video-taped/photographed for marketing purposes only.

Donate a book for The Magic Yeti Library, a program of the Alex Lowe Charitable Foundation, which builds libraries for children in Nepal. Bring a new or gently used children's book to registration. All donors will be entered in a drawing for a prize!



**Sponsors**

Montana State University, Turner Foundation Inc., Classic Ink

Pennmont Foundation Inc., Women's Foundation of Montana, First Security Bank, Traveling School

Bozeman Noon Rotary-Big Sky Western Bank

## Session 1

## Session 2

## Session 3

## Session 4

### Workshop #1 Ballroom B Mindful Woodworking (Continued in Session 2)

Build a meditation bench using a variety of woodworking power tools. Then, put your bench to use while you learn techniques for meditation. Must take workshop in Session 2 as well.

### Workshop #2 TV Room Living Raw

Find out about a "Raw" diet. Learn to make pasta out of zucchini and cheese out of nuts. In this workshop you will learn to prepare tasty, healthy food options.

### Workshop #3 NW Lounge Intro to College (11th & 12th grade only)

Are you nervous or excited about college? Ask MSU college students to find out the good, the bad and the ugly of being a college freshman.

### Workshop #4 Room 233 Be the Change Yoga

Find your voice through yoga. Learn yoga postures by practicing on your own and with a partner. You will also explore your own voice through open dialogue with the group.

### Workshop #5 Room 232 Rock Your Community!

Volunteers rock! Everyone benefits when you volunteer in your community. Taught by AmeriCorps volunteers, this workshop will teach you how and why you should get involved in your local community.

### Workshop #6 Room 236 Your Authentic Voice

Girls gain confidence by using their authentic voices and sharing their stories with others in a safe and welcoming environment. Come join this group to write from the heart and share your story.

### Workshop #7 Room 234 The Bigger, Greener Picture

Have you ever wondered about your impact on the environment? This workshop will illustrate the impact of your daily choices. Learn practical tips for reducing your daily impact & making the world a greener place!

### Workshop #8 Ballroom C How to See the World

So, you've heard stories about traveling the world. How do you do it? In this workshop, you'll learn about other cultures through games and other activities. Girls from the Traveling School will show how it is possible to travel with big dreams for little money.

### Workshop #9 Ballroom B Mindful Woodworking (Continued from Session 1)

Build a meditation bench using a variety of woodworking tools. Then, put your bench to use while you learn techniques for meditation. Must take workshop in Session 1 as well.

### Workshop #10 Room 233 Intro to High School

Do you feel anxious to enter high school? Meet other girls like yourself and get ALL your questions answered by high school girls to address any concerns you may have.

### Workshop #11 NW Lounge Maki Your Own Sushi!

Come learn about the exciting and fun culinary art of sushi! Maggie from Dave's Sushi of Bozeman will teach you about the history and tradition of sushi. After the lesson, you'll get to try making your own sushi rolls!

### Workshop #12 Room 235 Love and Be Loved

Learn how to have a healthy relationship with the people you care for most. Identify the signs of a healthy relationship and discuss ways to handle obstacles within any relationship.

### Workshop #13 Room 232 Pay It Forward

Where does a movement begin? Learn how to envision and start a sustainable, viable movement within your community. You will create a sample non-profit and learn the action steps needed to make it happen!

### Workshop #14 Room 236 Predict Your Personality

What is your birth order and how does that affect your life? By looking at your family role, predict your personality variables, understand how you relate to others, identify how you best communicate, and recognize what careers fit you best.

### Workshop #15 Room 234 Gardening for a Change

Design a garden for the Children's Museum of Bozeman! Learn how to graph a property and lay out a garden plan. Soon, you will be harvesting the fruits of your labor and watching the changes in your community that a garden brings.

### Workshop #16 Ballroom C Confidently Me

Explore ways to build confidence in yourself and in those around you! Create a confidence mantra and a journal to help lift you up when you need a boost and to give you the courage to lift up others when they need a boost.

### Workshop #17 Room 232 Forget Me Not (Continued in Session 4)

Using slides from her book Forget Me Not, Jenni Lowe-Anker inspires her audience with stories of her adventures. This is a two-session workshop to allow time for creative writing.

### Workshop #18 TV Room Cooking on Campus (11th and 12th grade only)

In this interactive and delicious workshop, learn how to survive in the dorms, and become healthier with only a blender and a grill.

### Workshop #19 Room 233 Find Your Core

Beginning and ending with Pilates, this workshop will explore your core strength and your core values. Find your core in your body in the Pilates mat class, then uncover your unique core values that define you!

### Workshop #20 Room 236 Don't Have a Cow, Give a Cow!

Experience living without what you are used to having through simulation. Next, learn about Heifer International and create an ornament to benefit the organization!

### Workshop #21 Ballroom C Photographing With Personality

Find your own photographic style while learning how to use composition, lighting, and exposure. You will view some of Anne Sherwood's images and then apply your skills in a fun portrait-taking activity!

### Workshop #22 Ballroom B Science Squad

America's Top Young Scientist, Marina Dimitrov, and scientists from MSU will share what it's like to be a woman working in research, and then lead participants in chemistry experiments! Workshop involves liquid nitrogen, with safety instruction.

### Workshop #23 NW Lounge Songwriting With Stephanie Quayle

This year's keynote speaker, Stephanie Quayle, will help participants write their own songs! Each song will be written in groups and shared at the end. Instruments will be available, but feel free to bring your own!

### Workshop #24 Room 234 Viewpoints on the Line

What is the truth? What is right? Sharing viewpoints and opinions about current environmental issues, we will explore why we believe in what we do and the necessity for balanced information when forming opinions.

### Workshop #25 Room 232 Forget Me Not (Continued from Session 3)

Using slides from her book Forget Me Not, Jenni Lowe-Anker inspires her audience with stories of her adventures. Must take workshop in Session 1 as well.

### Workshop #25 Ballroom B Bollywood Dancing

Ever notice how catchy the soundtrack to "Slumdog Millionaire" is? Join Indian exchange students in learning fun dance moves from India!

### Workshop #26 Room 233 Protecting Personal Space

Discover principles of self defense inspired by a variety of martial arts, and then practice techniques designed for real world situations. Plan to wear comfortable pants and bring a water bottle!

### Workshop #27 NW Lounge DIY Natural Beauty

Learn to create natural, inexpensive skin cleansers and scrubs. In this fun and interactive workshop you will make your own products, along with recipes to recreate at home.

### Workshop #28 Ballroom C Super Sheros in Action!

Bring your inner "super-shero" (like a superhero, but girl-tastic!) to life, with super-powers and fabulous outfits! Create your own "zine" to celebrate your super-shero and her spectacular adventures!